

Powwow

for health & wellness







The annual Health and Wellness Powwow drew hundreds of Ignacio community members to the SunUte Community Center on Saturday, Oct. 22 for gourd dancing, a feast and a grand entry. Earlier in the day, SunUte trainers sponsored a fitness walk.

Health and Wellness Powwow raffle winners

Elk Raffle: Tammi Phillips, Bayfield, Colo. and Terry Penders, Bayfield, Colo.

The I-Pad: Karen Gilbert, Southern Ute Employee

Congratulations to the winners! Thanks to all who purchased tickets. donations and participation helped to make this event a

photos Jeremy Wade Shockley/SU DRUM





Alive At 25

Defensive Driving Course

Saving Lives Through Education 11/20/11 Sun. 12:30 to 5

Sun Ute Community Center Ignacio

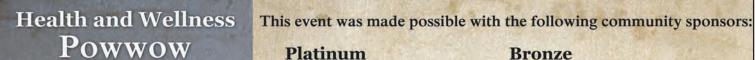


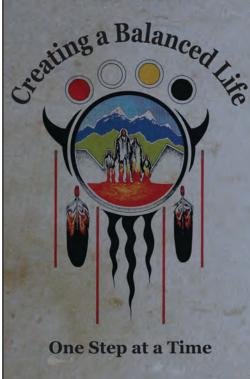
www.aliveat25.us Call 866-605-3900

Instructors: Don Folsom Phone: 970-563-8246 x3301 Cell: 970-759-5979

Automobile Crashes are the leading cause of death for 15-24 year olds. The life you save may be your own.

Sign up now for this defensive driving educational course and become a better driver. You may use this course for getting your learner's permit under the graduated licensing law. You can satisfy a court ordered advanced driving course requirement. You may ask your insurance company for a discount after completing this course. You learn how to take control when driving.





A Community Sponsored Event

Platinum

- Southern Ute Indian Tribe
- Tribal Health Dept. -- Shining Mountain Diabetes Program
- Tribal Court
- Tribal Services - SunUte Community Center
- -- Multi-Purpose Facility - Wildlife Resource Management Division Southern Ute Growth Fund **Pearl Casias**

Gold

Alex Cloud

Ute Mountain Ute Tribe Healthy Life Style La Plata

Silver

Wells Fargo Ramona Eagle Marjorie Borst Light Art

Shur Value

Bronze

- Southern Ute Cultural Center & Museum Southern Ute Community Action Program
- Ayurveda Consulting
- Barbara Scott-Rarick Joycelyn Dutchie
- Mike Olguin
- Fun Center Cycles
- Healthy Warriors Program
- Marcella's Gifts and More Paco Glass
- Thriftway Zuber Fizz
- Rocky Mountain Chocolate Factory
- Wal-Mart City Market
- **Amaya Therapeutics**
- Old Tymers
- GardenSchwartz
- Francisco's Restaurante y Cantina
- Goods For the Woods
- Christina's Bar and Grill
- **Elaine Newton Executive Officer Andrew Frost**
- Cascade Water and Coffee Service
- Dr. Thomas Garcia, Garcia Chiropractic and Wellness 7 -2-11 Inc.
- Durango Natural Foods Co-op Arlene Millich

Ute Mountain Ute Pottery



